

Easy Salmon Cakes with Creamy Dill Sauce

Active Time: 30 min

Total Time: 45 min

Yield =- 8 patties (2 patties per serving)

3 teaspoons extra-virgin olive oil, divided
1 small onion, finely chopped
1 stalk celery, finely diced
2 Tablespoons chopped fresh parsley
15 ounces canned salmon, drained, or 1 1/2 cups cooked salmon
1 large egg, lightly beaten
1 1/2 teaspoons Dijon mustard
1 3/4 cups fresh whole-wheat breadcrumbs, (about 5 slices)
1/2 teaspoon freshly ground pepper
Creamy Dill Sauce, (recipe follows)
1 lemon, cut into wedges



Preparation

1. Preheat oven to 450°F. Coat a baking sheet with cooking spray.
 2. Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat. Add onion and celery; cook, stirring, until softened, about 3 minutes. Stir in parsley; remove from the heat.
 3. Place salmon in a medium bowl. Flake apart with a fork; remove skin if desired leave bones for additional calcium. Add egg and mustard; mix well. Add the onion mixture, breadcrumbs and pepper; mix well. Shape the mixture into 8 patties, about 2 1/2 inches wide.
 4. Heat remaining 1 1/2 teaspoons oil in the pan over medium heat. Add 4 patties and cook until the undersides are golden, 2 to 3 minutes. Using a wide spatula, turn them over onto the prepared baking sheet. Repeat with the remaining patties.
 5. Bake the salmon cakes until golden on top and heated through, 15 to 20 minutes. Meanwhile, prepare Creamy Dill Sauce. Serve salmon cakes with sauce and lemon wedges.
- **Make Ahead Tip:** Prepare through Step 3. Cover and refrigerate for up to 8 hours.

Nutrition

Per serving: 324 calories; 10 g fat (1 g sat , 3 g mono); 129 mg cholesterol; 21 g carbohydrates; 31 g protein; 7 g fiber; 585 mg sodium; 97 mg potassium., 171 mg calcium (15% dv).

Creamy Dill Sauce

1/4 cup reduced-fat mayonnaise
1/4 cup nonfat plain yogurt
2 green onion, thinly sliced
1 Tablespoon lemon juice
1 Tablespoon finely chopped fresh dill, or parsley
Freshly ground pepper, to taste

Preparation

1. Combine mayonnaise, yogurt, scallions, lemon juice, dill (or parsley) and pepper in a small bowl and mix well.
- **Make Ahead Tip:** Cover and refrigerate for up to 2 days.

Nutrition

Per tablespoon: 28 calories; 2 g fat (0 g sat , 0 g mono); 2 mg cholesterol; 2 g carbohydrates; 0 g protein; 0 g fiber; 50 mg sodium; 13 mg potassium.

Source: EatingWell: [Winter 2004](#),